

BUILDING COMMUNITY

AVP participants develop the ability to resolve conflict without resorting to violence by using affirmation, respect for all, community building, cooperation, and trust.



P. O. Box 333
Concord, MA 01742

AVP MASSACHUSETTS



**Alternatives to Violence Project
Massachusetts**

www.avpma.org



**AVP is an international
volunteer program
that offers conflict
resolution workshops
to transform lives.**

AVP Massachusetts
P. O. Box 333
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AVP Massachusetts

The first AVP workshop was held in 1975 at the Green Haven prison in New York. Inmates at the prison sought the help of the Quaker Project on Community Conflict in order to reduce the violence in the prison, and AVP was born from that request. The model developed there collaboratively by prisoners and the Quaker Project was so effective that AVP expanded throughout the world. AVP is not affiliated with any religion.

AVP was introduced in Massachusetts in 1992 by Zell Draz and Steve Angell. Currently workshops are offered in eight prison facilities in MA. Community Workshops are also available upon request.

AVP experiential workshops use the shared experiences of participants, interactive exercises, games and role plays to examine the ways in which we respond to situations where injustice, prejudice, frustration, and anger can lead to aggressive behavior and violence.

AVP Workshops

To complete the AVP training and become a facilitator, a person participates in the following three workshops and then apprentices as a co-facilitator in an actual workshop.

Basic workshop—focuses on primary conflict resolution skills. Step-by-step experiences and exercises focus on affirmation and conflict resolution.

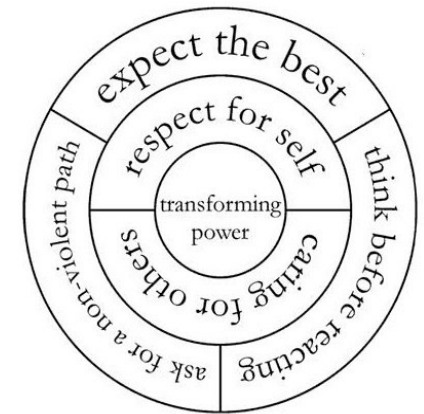
Advanced workshop—allows a deeper look at aspects of violence, such as stereotyping, power, fear, and anger. The workshop focuses on communication, cooperation, and problem solving. Consensus is presented as a decision-making process.

Training for Facilitators workshop—focuses on team building and leadership skills. The curriculum focuses on group process skills, team leadership methods and hands-on experience.

AVP workshops are 3 days in length; they are free and are run completely by volunteers.

Transforming Power

“Transforming Power” is the power to change the shape of a situation or a relationship, to move it in a positive direction toward resolution of conflict.



Transforming Power Mandala

Conflict is part of daily life, but violence does not have to be.

AVP workshops help participants to:

- Understand why conflict happens.
- Manage strong feelings such as anger and fear.
- Deal more effectively with risk and danger.
- Build good relationships with other people.
- Communicate well in difficult situations.
- Be true to oneself while respecting other people.
- Recognize existing skills and learn new ones.